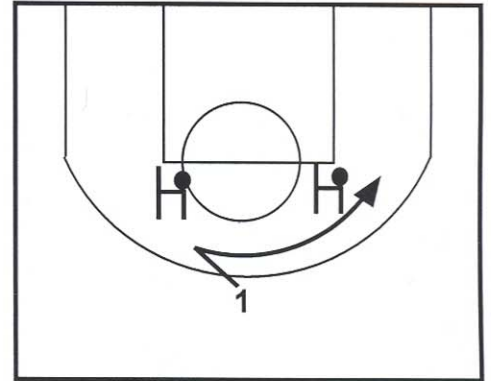


SHOOTING ON THE MOVE

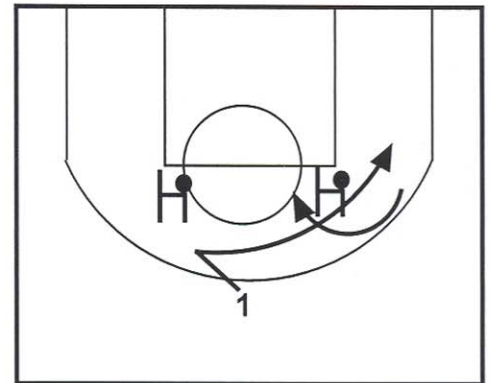
JAB, EXPLODE, PICKUP, SHOT

1 starts top of key with. Chairs at each elbow with balls sitting on them. 1 jabs opposite, comes hard off the outside of either chair for shot. Coach is bodying 1 the entire drill. Repeat opposite side.



MILLER, REVERSE PIVOT, PICKUP, SHOT

1 starts top of key with. Chairs at each elbow with balls sitting on them. 1 jabs opposite, comes hard off the outside of chair, reverse pivots (back to chair), picks ball up on inside of chair, shot. Coach is bodying 1 the entire drill. Repeat opposite side.



4 CHAIR SHOOTING

Chair just below FT line extended on both sides and just outside elbows on each side, just inside 3 point line. 1 starts on R block. Sprints to chair on opposite side outside elbow, pick ball up outside chair, shot. Sprints to R side of floor, goes around chair below FT line, shot. Sprints to opposite baseline, around chair, shot. Sprints to other chair outside elbow, shot. Go in series of 4 shots, 8 shots, 16 shots, 20 shots.

